

Physical Wellbeing

Low													High
Information				Working Practice & Governance			Proactive intervention						
111	To assess and baseline the physical wellbeing of our employees and to establish the opportunities available for further health promotion	Provide information to staff about the benefits of an active lifestyle and physical wellbeing incorporating national awareness campaigns for annual rollout across the Trust.	Promote services offered by PAM	Physical activity reimbursement program for gyms, fitness/aquatic centres, yoga/Pilates, personal training, home exercise equipment, massage therapy, sports leagues, outdoor adult bicycles, martial arts, dance, races, etc.	Where possible, promote flexible working to improve work/life balance and allow for employees to take regular exercise before or after work	Facilitate regular breaks and time to work on personal development where possible	Create and support employee-led 'active' groups I.E. Walking/ Running/ Swimming etc.	Introduce voluntary health checks with advice on areas that need improvement and incentives for those who achieve set goals	Health Trainers – Personal & individual 1:1 support & advice	Sign up to Global Corporate Challenge	Promote the use of alternative workstations such as sit-stand desks for office based employees		
EOC													
PTS Comms													
Support Services													
PTS													
A&E											Introduce Physical Competency Assessments for frontline staff		